

With the outbreaks of Sister J. Mother

THE

TWENTY-FIRST ANNUAL REPORT

OF THE

OFFICERS

OF THE

RETREAT FOR THE INSANE,

AT

HARTFORD, CON.

M A Y , 1 8 4 5 .

HARTFORD.

PRESS OF CASE, TIFFANY AND BURNHAM.

Pearl street, corner of Trumbull.

1845.



OFFICERS
OF THE
RETREAT FOR THE INSANE.
FOR 1845.

Rt. REV. THOMAS C. BROWNELL, *President.*
DAVID WATKINSON. *Vice President.*
WILLIAM T. LEE, *Treasurer.*
A. M. COLLINS, *Auditor.*
CHARLES SHELDON, *Secretary.*

Vice Presidents for life, by Subscription of \$200 and upwards.

*OLIVER WOLCOTT,	*GEORGE GOODWIN,
SAMUEL TUDOR,	*CHAUNCEY DEMING,
DAVID WATKINSON,	*WILLIAM ROBINSON,
WILLIAM H. IMLAY,	ELIAS PERKINS,
THOMAS S. WILLIAMS,	*JOSEPH BATTELL,
HENRY L. ELLSWORTH,	*JOSHUA STOW,
CHARLES SIGOURNEY,	*ELIJAH THOMPSON.

Directors for life, by subscription of \$100.

DANIEL WADSWORTH,	WILLIAM W. ELLSWORTH,
WARD WOODBRIDGE,	HENRY SEYMOUR,
ROBERT WATKINSON,	*ELIPHALET AVERILL,
*ELISHA SHEPARD,	*EDWARD WATKINSON,
JAMES H. WELLS,	*GEORGE SMITH,
DANIEL BUCK,	*ASAHEL HATHAWAY, JR.
*HENRY HUDSON,	*NEHEMIAH HUBBARD,
*DAVID PORTER,	*ABIGAIL HUBBARD,
REUBEN LANGDON,	*OBADIAH BROWN.
*OLIVER D. COOKE,	

*Deceased.

Directors chosen at the Annual Meeting.

JAMES WARD,	CYPRIAN NICHOLS,
JOSEPH TRUMBULL,	THOMAS DAY,
GEORGE SUMNER,	GRIFFIN STEDMAN,
JOHN BUTLER,	WILLIAM T. LEE,
THOMAS H. GALLAUDET,	AMOS M. COLLINS,
CHARLES SHELDON,	NATHAN JOHNSON,
ISAAC D. BULL,	ALFRED SMITH,
THOMAS C. PERKINS,	JOHN S. BUTLER,
RODERICK TERRY,	THOMAS ROBBINS,
JOHN OLMS TED,	GIDEON WELLS.

State Commissioners.

HIS EXCELLENCY ROGER S. BALDWIN,
 JOHN T. NORTON, Esq.
 LEONARD HEBARD, Esq.

Medical Visitors.

GEORGE SUMNER, M. D.	BENJ. ROGERS, M. D.
N. B. IVES, M. D.	WILLIAM S. PIERSON, M. D.
ARCHIBALD WELCH, M. D.	E. K. HUNT, M. D.

Managers.

JAMES H. WELLS,
CHARLES SHELDON,
WILLIAM T. LEE.

Visiting Committee of Ladies.

MRS. R. WATKINSON,
MRS. CHAS. SHELDON,
MRS. WM. T. LEE.

JOHN S. BUTLER, M. D. *Physician and Superintendent.*
 REV. THOMAS H. GALLAUDET, *Chaplain.*
 GEORGE W. IVES, *Apothecary.*
 MR. VIRGIL CORNISH, *Steward.*
 MRS. M. H. CORNISH, *Matron.*

ABSTRACT

*Of Expenditures on account of the Retreat for the Insane, from May 1,
1844, to May 1, 1845.*

Meat and fish,	- - - - -	\$1694 64
Bread stuffs,	- - - - -	897 85
Wood, coal and lights,	- - - - -	883 11
Butter and cheese,	- - - - -	988 88
Groceries, fruit, eggs and milk,	- - - - -	1304 48½
Furniture and bedding,	- - - - -	542 00
Repairs and improvements,	- - - - -	1015 16
Clothing, &c., for patients, to be repaid,	- - - - -	1280 61
Wine, \$127 93. Medicines, \$736 56,	- - - - -	864 49
Feed, straw and vegetables,	- - - - -	327 63½
Wages of attendants, domestics and farm labor,	- - - - -	3930 35½
Cash refunded to patients,	- - - - -	81 88
Paid for three cows,	- - - - -	80
Incidental expenses,	- - - - -	147 45¼
Rent of superintendant's house,	- - - - -	180
Salaries,	- - - - -	2943 75
Mr. Downing, for laying out grounds, &c.,	- - - - -	75
Printing, \$61 84. Insurance, \$112,	- - - - -	173 84
<hr/>		
Total of expenses,	- - - - -	\$17,411 13¾
Balance due the Steward, May 1, 1844,	- - - - -	119 84¼
Balance due from the Steward, May 1, 1845,	- - - - -	526 38
<hr/>		
		\$18,057 36
Amount of orders drawn by the Chairman of the board of Managers, from May 1st, 1844, to May 1st, 1845,	- - - - -	\$18,057 36

1*

THE TREASURER'S ACCOUNT.



Retreat for the Insane in Account with WILLIAM T. LEE, Treasurer.

Dr.	Cr.
1844.	
May 31.	To cash loaned temporarily,
April 30.	6,000 00
" "	5,000 00
" "	1,000 00
1845.	
Jan. 14.	" cash paid State in part for funds advanced,
April 30.	1,809 71
" "	" cash paid order of J. H. Wells, Chairman
" "	of managers,
" "	cash paid orders of Cha's Sheldon, Chair-
" "	man of Building Committee,
" "	" cash paid bill of adv. and contingencies,
" "	" balance to new account.
	<u>1,252 08</u>
	<u>\$58,851 51</u>
1844.	
May 1.	By balance on hand from old account,
1845.	
May 1.	By balance on hand from old account,
Hartford, May 1st, 1845.	Hartford, May 1st, 1845.
WILLIAM T. LEE, Treasurer.	WILLIAM T. LEE, Treasurer.

I have examined the above account, and compared it with the vouchers for disbursements to mortgages and building committee, and find the same correct.

A. M. COLLINS, Auditor.

REPORT OF THE DIRECTORS.

TWENTY-ONE years ago the Retreat was opened for the reception of patients. Since that time, over fourteen hundred persons laboring under different forms of mental disease, have been admitted. Of this number, about eight hundred have been restored to reason. There can be no question but one half of these, owe their recovery to the combined advantages of treatment which can only be found in public institutions, or in those private establishments which are conducted on the same principles.

If there are any who still doubt the propriety of building up the Retreat, we may refer them to at least four hundred persons restored to their families and society, and mingling with others in their daily walks of usefulness. We may refer to four hundred families, who have received back their lost ones, restored to health, and in the renewed vigor of their mental faculties, laboring to become useful members of society. We may also refer to another and important fact, that since the opening of the Retreat, the number of insane patients in this State has been essentially diminished. Formerly there was little expectation of their recovery, and little was done judiciously to secure an object so desirable. The unfortunate victims of insanity were accumulating on our hands, in most cases dependent upon their friends or the public for subsistence. Now, a much larger proportion of their number is recovered, while those whose disease yields not to an improved course of treatment, are made comparatively comfortable.

When first established, the Retreat contained rooms for fifty patients with their attendants, and also rooms for the steward, matron, and other officers of the Institution. The cost of build-

ing, land and furniture, somewhat exceeded twenty thousand dollars. Eight years afterwards, at an expense of ten thousand dollars, the building was so enlarged as to furnish accommodations for one hundred patients.

When after an interval of twelve years more, it was found that these rooms were all filled, and that the applications for admission were every year increasing, the directors after much deliberation, decided to extend their buildings. In accordance with that decision, two wings have been erected at an expense of twenty-two thousand dollars, which will offer pleasant accommodations for one hundred additional patients. It is expected that these rooms will in the course of another month be ready for occupation. In the mean time, a house has been erected on the grounds of the Retreat, which is to be occupied by the superintendent and his family. The whole expense of land, buildings, and other improvement, has somewhat exceeded sixty-five thousand dollars.

It is well known that the primary funds of the Retreat, were derived from private charity. A committee of the medical society, chosen for that very purpose, made known to our citizens the urgent necessity which existed for such an institution, and appealed to them for aid. In answer to this appeal, eighteen thousand dollars were given by individuals, to which soon afterwards the Legislature added five thousand more. With these funds, land was purchased, and a building erected, on a site most judiciously selected. At a subsequent period, the Legislature granted to the directors authority to raise forty thousand dollars, by lottery. For this grant, which was transferred to others, a large proportion of the sum specified, was received. It has enabled us to make additions to the original building—to enlarge our grounds, and to provide many things comfortable for the patients, which would otherwise have been beyond their reach. During the past year, we have received from the estate of Mr. Israel Munson, of Boston, a legacy of five thousand dollars. A native of this State, and often a visitor of the Retreat, the munificent donor of this sum, knew how to appreciate, and how to extend the value of such a charity. We have mentioned the sources from which

our funds were derived, and the mode in which they have been expended, knowing that some friends of the insane, were interested in these matters.

And here it may be proper to remark, that this property belongs to the insane of Connecticut, and is held by us in trust for their exclusive benefit. For our time, and care, and labor, we neither receive nor expect any compensation, beyond the consciousness of doing our duty, and the gratification of knowing that our efforts to relieve a most unfortunate race have not been in vain. Our aim is not to increase its funds, but to charge the patients what it actually costs the institution to maintain them. Sometimes there has been an excess, and sometimes a deficiency in the receipts—but neither in the loss or gain have the directors any personal interest.

When first opened, the Retreat was placed under the superintendence of one, whose sagacity in the treatment of mental disorders, has never been called in question. Under his supervision, it gradually acquired the confidence of the public, while its fame was more extensively diffused, by the occurrence of some extraordinary recoveries. And it deserves to be remembered, that the influence of the Retreat has not been confined within the narrow limits of Connecticut, or even of New England. Those who were associated with its first superintendent, have gone to other institutions to pursue the same career of kindness and skill, and realize the same happy results.* Our reference to these facts, is not made for the purpose of commending our own gratuitous labors, but to

* Doctor Woodward, the distinguished physician of the Massachusetts Insane Hospital, was associated with Doctor Todd in the early measures for the establishment of the Retreat, and was for many years, one of its medical visitors. Doctor Lee, who was the assistant and associate of Dr. Todd at the Retreat, was subsequently elected Principal of the Maclean Asylum, at Charlestown, and performed the duties of his station with great credit and success, till an untimely death brought his labors to a close. Doctor Rockwell, of the Vermont Asylum, succeeded Dr. Lee at the Retreat, till he was called to the Brattleborough Asylum. Doctor Brigham, after remaining two years at the Retreat, was elected Superintendent of the New York State Asylum, at Utica. It ought to be added for the honor of Connecticut, that Dr. Chandler, the physician of the New Hampshire Asylum, was born and educated in this State.

satisfy the early friends of the Retreat, that their charity was not misapplied, and to satisfy the public, that if the Institution has not met all their wishes, it has more than realized the expectations of its friends.

The annexed report of the physician, presents a more detailed account of his observations during the past year. Of him and of his associate, it is but justice to say, they have been faithful in the discharge of their duties, and their labors have been crowned with satisfactory success.

THE
TWENTY-FIRST ANNUAL REPORT
OF THE
PHYSICIAN AND SUPERINTENDENT
OF THE
RETREAT FOR THE INSANE,

For the year ending March 31, 1845.

THE Superintendent of the Retreat, has the pleasure of presenting to the Board of Directors, the Twenty-first Report.

He offers his hearty congratulations that another year of quiet progress and prosperity, has been added to the history of the Institution, and that while its field of usefulness has been enlarged by the increased number of its inmates, exceeding that of any previous year, its restorative and ameliorating results have in no degree diminished.

The extensive additions to our buildings which have been in progress during the year, have, necessarily, to some extent, interfered with many of our internal as well as external arrangements and conveniences, yet they have in no manner disturbed the good order and discipline of the Institution, or caused the occurrence of the slightest accident to any one.

No epidemic disease has prevailed among us, and the average of health in our family, has been as good, at least, as among the same number of invalids, under the most propitious circumstances in the community around us.

			Male.	Female.	Total.
Number of patients remaining in the Retreat					
April 1, 1845,	-	-	47	36	83
Admitted during the year,	-	-	56	49	105
Total number during the year,	-	-	<u>103</u>	<u>85</u>	<u>188</u>
Discharged recovered,	-	-	23	22	45
" much improved,	-	-	9	5	14
" improved,	-	-	4	2	6
" not improved,	-	-	7	2	9
Died,	-	-	7	4	11
Total discharged,	-	-	<u>50</u>	<u>35</u>	<u>85</u>
Remaining in the Retreat,	-	-	<u>53</u>	<u>50</u>	<u>103</u>

The number of patients remaining in the Retreat at the close of the last year, was eighty-three; during the year one hundred and five have been admitted—making the whole number in the Retreat during the year, one hundred and eighty-eight—of whom one hundred and three were males, and eighty-five, females. The number of admissions, and the average number of patients, have been greater than during any previous year. The average number of patients in the Retreat for the past year, has been ninety-seven—and for the last six months, one hundred and three—a larger number than our wards could receive, without interfering with that judicious classification of disease, which it is so desirable to maintain. The ample accommodation afforded by the new wings, will soon remedy this inconvenience.

The whole number of patients discharged is eighty-five, of whom fifty were males, and thirty-five, females. Of these, forty-five had recovered, thirteen were much improved, six improved, ten not improved, and eleven died.

Of those discharged recovered, fifteen were residents at the Retreat for a period not exceeding three months; seventeen between three and six months, and ten between six months and a year, and three for a longer period than one year.

Of the patients who have died, seven were males, and four were females. One death occurred from marasmus, two from

general debility, one by consumption, one by general paralysis, one by typhoid fever, one from exhaustion and one, a case of puerperal mania, from exhaustion induced by the fatigue of the journey to the institution, one by suicide, one from old age, and one, congestion of the brain.

Since the opening of the Institution in 1824, fourteen hundred and thirty-two patients have been admitted, of whom seven hundred and forty-eight were males, and six hundred and eighty-four females.

Seven hundred and ninety-one have been discharged recovered, and one hundred and three have died.

Of the one hundred and five patients admitted during the past year, thirty-four were brought here within three months, nineteen within six months, and fifteen within twelve months after the first attack of the disease. This is an indication that the public mind is becoming more convinced of the importance of committing the insane to the remedial treatment of appropriate Institutions at an early period of the disease, and of the imminent peril attending the delays which, arise either from the morbid hesitancy of friends to meet the emergencies of the case, or from a desire to test the efficacy of private treatment, traveling, &c., delays so often fatal in their effects, and which often render nugatory the final resort to the hospital. Among those who have been admitted during the year, there are several exceedingly interesting patients, whose history shows their disorder, in its earliest stages, to have been mania in its simplest form, without those complications which so often endanger the result. There is every reason to believe that these might have been speedily restored to reason, had weeks only, instead of years, been allowed to elapse before suitable measures were adopted. They are now hopeless cases, condemned for life to bear the weary burden of remediless disease.

There should be but one opinion upon this point. Let the earliest manifestations of disease, be met with delicacy and caution, yet with decision. Let the patient be frankly informed of the opinions of his medical attendants and friends, and that they agree as to the necessity of immediate action in the case, and of the danger of delay. Let every objection be frankly

met, every inquiry as far as possible be answered, and especially let all deceit and artifice of every kind be cautiously avoided, and then let the friends take the responsibility of decisive action. There has rarely a case come under my observation, wherein difficulty and resistance were anticipated, which did not yield at once to this, the only method of fair and rational procedure.

One of the first principles of the treatment of the insane, is to remove them from all those domestic associations which are connected with the origin or the progress of the disease, and from the direction or management of those whom the patient has been accustomed to control, either through natural authority or affection—and to present to them an entire change of scene and of all surrounding influences. We can thus hope to break in upon the morbid train of thought, and remove those diseased imaginations which so greatly distress them.

Some months since, I was consulted in an interesting case of monomania, and assured the friends that nothing could be done to remove the delusions, while the patient remained at home; consulting her inclination, rather than their own judgment, they suffered her to remain with them for some months. She finally joined our family, and when so far recovered as to partially realize her condition, she exclaimed to me one day with deep emotion, "O that some *one* of my friends had had decision enough to have brought me here at first, as I knew I ought to come! I might now have been at home with my husband and children, well and happy."

Much of this erroneous delay and indecision, arises from a misapprehension of the character of the premonitory symptoms of this disease, and from the liability of confounding them with simple nervous affection, or an extreme development of a natural eccentricity of character. Many are ignorant of the rapidity with which this disease passes from the acute to that chronic stage, in which all experience proves that the chances of recovery are seriously and rapidly diminished. There is, however, another cause of more general prevalence. Dr. Burrows, in urging the "necessity of attention to the first dawnings of mental disorder," forcibly

remarks, "that unfortunately the approach of insanity, though generally perceptible to strangers, is rarely remarked by relatives. We are all apt to shun that which is painful or displeasing. So the insidious approaches of mental derangement, are rather construed into nervous irritability or eccentricity, or any thing rather than the truth, and are suffered to proceed, until some terrible exacerbation of delirious fury or despondency ensues. A malady is thus confirmed in one whom we most value, and whose intellect very probably might have been preserved, had timely aid been administered. How frequently do we witness the bitterness of self-accusation, and the unceasing regret of the near connexions of lunatics, because they have persevered in their wilful blindness, till the calamity they deprecated has occurred."

It cannot, therefore, be too frequently impressed upon the public mind, both professional and unprofessional, that the same watchful supervision should be exercised over every deviation from the healthy action of the brain, as over that of the lungs, the heart and the liver, and that the same principles of observation and treatment should be applied to the diseases of the one as of the other of these important organs.

The system of medical and moral treatment which is pursued at the Retreat, has been so fully described in the preceding Reports, that it is unnecessary to repeat it here.

I look for the restoration or improvement of those committed to our care, to such judicious application of these means, as a careful investigation of the disorder indicates, believing that in most cases, it is to the happy combination of the two, that we are to look for the most success.

In conclusion, I desire to express my heartfelt gratification, at the many evidences of kindly interest with which our friends have cheered us, amid the cares and anxieties inseparable from duties so laborious and responsible.

My grateful thanks are due to my various associates in duty, for their cordial co-operation, and their unwearied efforts to promote the great and good objects of this Institution.

Respectfully submitted,

JOHN S. BUTLER.

APPENDIX.

TABLE I.

SHOWING THE NUMBER OF ADMISSIONS, RECOVERIES, AND DEATHS,
ANNUALLY, FROM THE OPENING OF THE RETREAT,
APRIL 1ST, 1824.

Admitted		Total Number Admissions.	Total Number Recoveries.	Total Number Deaths.
1824-5	44	10	1	
" 1825-6	33	16	1	
" 1826-7	37	24	0	
" 1827-8	40	27	4	
" 1828-9	42	26	2	
" 1829-30	51	28	0	
" 1830-1	53	32	1	
" 1831-2	80	46	6	
" 1832-3	68	37	4	
" 1833-4	72	43	3	
" 1834-5	72	36	6	
" 1835-6	73	42	6	
" 1836-7	91	55	6	
" 1837-8	67	42	10	
" 1838-9	94	49	8	
" 1839-40	84	50	2	
" 1840-1	67	38	9	
" 1841-2	96	56	8	
" 1842-3	83	45	6	
" 1843-4	80	44	9	
" 1844-5	105	45	11	
Total,	1432	791	103	

TABLE II.—MONTHLY ADMISSION OF PATIENTS.

M. *Males*. F. *Females*

TABLE III.—MONTHLY ADMISSIONS AND DISCHARGES AND
MONTHLY AND YEARLY AVERAGES OF PATIENTS IN THE
RETREAT.

	Admissions.			Discharges.			Monthly Averages.		
	Male.	Fem.	Total.	Male	Fem.	Total.	Males.	Females.	Total.
April,	4	2	6	3	2	5	47	35	82
May,	2	4	6	5	0	5	48	38	86
June,	5	5	10	4	0	4	45	41	86
July,	5	11	16	0	2	2	48	49	97
August,	8	1	9	9	5	14	49	52	101
September,	5	6	11	5	2	7	47	51	98
October,	5	5	10	7	2	9	47	54	101
November,	6	2	8	4	4	8	48	55	103
December,	4	5	9	5	5	10	48	54	102
January,	5	3	8	5	5	10	48	55	103
February,	1	2	3	2	2	4	49	53	102
March,	6	3	9	1	6	7	50	52	102
Total,	56	49	105	50	35	85	40	49	97
Yearly average,							48	49	97

TABLE IV.

Supposed duration of the diseases in the one hundred and five cases admitted during the year ending March 31, 1845.

Duration of disease.	Male.	Female.	Total.
Not exceeding 1 month,	7	8	15
" 3 "	9	10	19
" 6 "	12	7	19
" 9 "	3		3
" 1 year,	8	4	12
" 2 "	5	5	10
" 3 "	3	1	4
" 4 "	2	1	3
" 6 "	1		1
" 7 "	1	2	3
" 8 "		3	3
" 10 "		2	2
" 20 "	1	2	3
" 30 "	3	1	4
Not ascertained,	2	2	4
Total,	57	48	105

TABLE V.—PLACES OF RESIDENCE.

	Admitted prior to the current year.	Admitted during the current year.	Total.
Connecticut,	- 898	96	994
New York,	- 173	3	176
Massachusetts,	- 106	1	107
Vermont,	- 33		33
Rhode Island,	- 28	1	29
New Hampshire,	- 10		10
West Indies,	- 11		11
Pennsylvania,	- 9		9
Maryland,	- 8		8
Lower Canada,	- 8		8
Virginia,	- 6	1	7
Ohio,	- 5		5
New Jersey,	- 7	1	8
District of Columbia,	4		4
North Carolina,	- 3		3
Georgia,	- 4		4
Alabama,	- 2		2
Upper Canada,	- 2	1	3
Maine,	- 1		1
Louisiana,	- 1	1	2
U. S. Navy,	- 1		1
Osage Indians,	- 1		1
Ireland,	- 1		1
Scotland,	- 1		1
Unknown,	- 4		4
 Total,	 - 1327	 105	 1431

TABLE VI.—IN WHICH THE AGES OF THE PATIENTS ARE
GIVEN.

Ages.	Admitted previous to current year.			Admitted during the current year.			Aggregate.		
	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.
From 15 to 20,	1	1	2	5	3	8	6	4	10
" 20 " 25,	7	0	7	9	4	13	16	4	20
" 25 " 30,	9	4	13	6	4	10	15	8	23
" 30 " 35,	8	6	14	9	3	12	17	9	26
" 35 " 40,	5	5	10	6	9	15	11	14	25
" 40 " 50,	6	9	15	9	7	16	15	16	31
" 50 " 60,	8	6	14	6	5	11	14	11	25
" 60 " 70,	3	3	6	1	6	7	4	9	13
" 70 " 80,	0	2	2	0	0	0	0	2	2
" 80 " 90,	0	0	0	0	1	1	0	1	1
Unknown,	0	0	0	5	7	12	5	7	12
Total,	47	36	83	55	49	105	103	85	188

TABLE VII.—CIVIL CONDITION OF THE PATIENTS.

	Male.	Female.	Total.
Married,	-	33	29
Single,	-	67	42
Widowed,	-	1	14
			15

TABLE VIII.—PROBABLE CAUSES OF INSANITY.

Hereditary,	-	-	229	Injury to the Head,	-	-	16
Ill Health,	-	-	190	Disease of the Brain,	-	-	11
Religious Anxiety,	-	-	122	Jealousy,	-	-	6
Intemperance,	-	-	109	Malformation of the Brain,	-	-	3
Intense Mental Exertion,	-	-	97	Change of Habits,	-	-	4
Domestic Trouble,	-	-	73	Apoplexy,	-	-	2
Loss of Friends,	-	-	67	Paralysis,	-	-	5
Puerperal,	-	-	51	Fright,	-	-	4
Disappointed Affection,	-	-	27	Bodily Injury,	-	-	2
Masturbation,	-	-	23	Exposure to fumes of Charcoal,	-	-	1
Exposure and Fatigue,	-	-	23	Millerism,	-	-	11
Epilepsy,	-	-	17	Nostalgia,	-	-	1
Repelled Cutaneous Disease,	-	-	15	Uncertain,	-	-	303
Disappointed Ambition,	-	-	11				
Preplexities of business,	-	-	9			Total,	1432

TABLE IX.—PATIENTS ADMITTED FROM EACH OF THE COUNTIES.

NAME OF COUNTIES.	MALES.	FEMALES.	TOTAL.
Hartford,	9	10	19
New Haven,	8	12	20
Fairfield,	5	4	9
Litchfield,	4	5	9
Windham,	1	3	4
Tolland,	2	2	4
Middlesex,	1	2	3
New London,	.5	8	13
		Total,	81

TABLE X.—LENGTH OF TIME THAT THE PATIENTS
REMAINING APRIL 1ST, 1845, HAVE BEEN IN
THE RETREAT.

DURATION.	MALES.	FEMALES.	TOTAL.
Not exceeding 3 months,	12	6	18
From 3 to 6 months,	10	6	16
" 6 " 9 "	8	9	17
" 9 " 1 Year,	1	2	3
" 1 " 2 Years,	3	6	9
" 2 " 3 "	3	2	5
" 3 " 4 "	3	2	5
" 4 " 5 "	3	0	3
" 5 " 6 "	1	1	2
" 6 " 7 "	0	1	1
" 7 " 8 "	1	2	3
" 8 " 9 "	1	2	3
" 9 " 10 "	1	1	2
" 10 " 12 "	3	1	4
" 12 " 15 "	2	3	5
" 15 " 20 "	0	5	5
" 20 " 21 "	1	1	2
Total,	— 53	— 50	— 103

TABLE XI.—SUPPOSED DURATION OF THE DISEASE IN THE
PATIENTS REMAINING IN THE RETREAT,
APRIL 1ST, 1845.

DURATION OF DISEASE.	MALES.	FEMALES.	TOTAL.
Not exceeding 1 month,	1		1
" " 3 "	3	1	4
" " 6 "	3	2	5
" " 9 "	5	1	6
" " 1 Year,	1		1
" " 2 "	7	5	12
" " 3 "	3	5	8
" " 4 "	4	3	7
" " 5 "	1		1
" " 6 "	3	2	5
" " 7 "	3	2	5
" " 8 "			
" " 9 "		4	4
" " 10 "	2	1	3
" " 12 "	1	3	4
" " 20 "	6	11	17
" " 25 "	1	3	4
" " 30 "	1		1
" " 35 "	2	1	3
Not Ascertained,	6	6	12
Total,	— 53	— 50	— 103

REPORT OF THE CHAPLAIN.

AN accumulating experience still testifies to the efficacy of kind, moral treatment, and a wise religious influence, in the melioration and cure of the insane. This testimony is furnished, year after year, in the Reports of the most prominent and successful Institutions for their relief, both at home and abroad.

What a mighty change, in this respect, within little more than half a century ! What a triumph of humanity, of sound philosophy, and of the religion of the Gospel !

Man, in a state of mental aberration, even in its wildest and most terrific forms, is no longer regarded as a mere animal, to be chained and whipped into submission ; nor is his restoration to health of body and soundness of mind, sought through the agency of medicine alone. The *spiritual* has asserted its claims, as well as the physical.

The delicate and mysterious union of soul and body, and the mutual influence of the one on the other, both for good and for evil, have been fully recognized, not only in theory but in practice. It has been found that the derangement of the intellectual and moral powers, is often to be traced *solely to bodily injury or disease*, and that these must be alleviated, or removed, before sanity can be restored. But it has, also, been ascertained, that *purely mental or moral causes* are, in many cases, the first in the train to produce insanity, and that the mind and the heart may be so addressed by appropriate truth and motives, in connection with the requisite medical treatment, as to act, with surprising energy and success, upon the bodily functions in the removal of disease, and thus to rank among the most efficient agents of relief and cure.

He has the most skill, and will accomplish the most good, in the treatment of the insane, who has thoroughly investigated, and who well understands these reciprocal influences of the mind and the body ; who knows how to use them wisely, where so many difficulties and perplexities arise ; who can give to each its due proportion of agency, and cause them to harmonize in their action ; and who thus, in the curative process, can best succeed in reaching *the whole man*, physical, intellectual and moral.

To guard against relapse also, it ought never to be forgotten, is a prominent feature of complete success in the cure of the insane.

Self-control ; prudence in observing the rules of health ; watchfulness in avoiding those kinds and degrees of excitement, which tend to produce a relapse ; calm and equable feelings ; just views of life ; a conscientious performance of duty ; regular, useful, and encouraging employment ; cheerful resolution and hope ; and, above all, steady moral, and religious principle,—these should be cultivated with the most assiduous care, as they constitute the strongest security against the return of the distressing malady. That Institution which can best succeed in furnishing its cured and discharged patients with these elements of security, has attained one of the highest ends, if not the very highest, to be aimed at in this department of benevolent effort.

To do this, *the whole man* must be put right, or as near right as can be. Not only medical, but moral and religious influences must be brought to bear upon him ; or else, he will be healed but in part, and subsequent irregularity, or even deficiency, in the working of one portion of his system, may again derange other portions, and the old, or some new form, perhaps, of mental aberration, be the result.

For these, and other reasons that might be mentioned—among which not the least important is the cultivation of a conscientious and benevolent discharge of duty by the officers, attendants, and nurses—the great value of *religious exercises, and a wise religious influence* in Institutions for the insane, is placed beyond the reach of doubt or hesitation.

Their strongest advocates are now to be found among the most eminent physicians at the head of such Institutions, both in our own country and in Europe. The extent to which these influences, of a purely religious nature, may yet be carried with increased benefit to suffering humanity, is full of interest to the philosopher and the Christian. Let a course of careful and judicious experiment be adopted, with a humble reliance on divine direction and aid, and the way of duty and success will be gradually unfolded.

My former Reports have gone so much into detail with regard to the *objects* which, as Chaplain of the Retreat, I have aimed to accomplish, and the many happy *results* which, under the blessing of God, it is hoped have been obtained, that I will not dwell upon these topics, at this time. The past year has, I believe, produced such results, and quite as promising as any preceding one.

In this, as in the other departments of the Institution, we have abundant cause of gratitude to the *Giver of every good and perfect gift*, for the encouraging degree of success that still continues to attend its operations. May this success but deepen the feeling of responsibility, and enkindle a livelier energy of effort, in all who are entrusted with the management of its affairs, to improve it in every respect in which it is susceptible of improvement, and to endeavor to make it a still more efficient and extensive source of good to those for whose benefit it was established.

Commanding it to the guidance, protection, and blessing of Almighty God, I cannot conclude, without again expressing my heartfelt acknowledgments to the Officers, attendants, patients, and other inmates of the Retreat, for the continued kindness and respect which they have showed me in the discharge of my appropriate duties.

T. H. GALLAUDET.

HARTFORD, May 10, 1845.